



Town of Brookhaven Long Island

Edward P. Romaine, Supervisor

April 27, 2019

Dear Friends:

As the Supervisor of the Town of Brookhaven in Suffolk County, New York, I am pleased to join you in recognizing Saturday, April 27th, 2019 as World T'ai Chi and Qigong Day.

People from around the world are discovering that the practice of T'ai Chi and Qigong can help their health and wellness. These traditional Chinese arts have evolved meet the needs of diverse populations.

The popular Chinese arts have proven abilities to reduce stress, improve general and specific health and wellness, provide gentle exercise, manage chronic pain and even improve personal outlook. Scientific research continues to validate T'ai Chi and Qigong through research and daily practice. T'ai Chi and Qigong have expanded beyond martial arts, schools and public parks and are now practiced in hospitals, libraries, corporations and many other various institutions.

Brookhaven Town residents have the opportunity to explore cultural influences from around the world. We are able to experience and enjoy the music, food and customs of many cultures. Many of our residents enthusiastically embrace culturally traditional approaches to healthcare and wellness like T'ai Chi and Qigong.

Once again, I am honored to support your efforts to spread the knowledge and appreciation throughout the work of the numerous benefits T'ai Chi and Qigong can offer. I wish you all the best as you celebrate T'ai Chi and Qigong Day on April 27th.

Sincerely,

Edward P. Romaine
Supervisor

EPR/lw